

Health Education Workshops Winter '97

* The following workshops are FREE to registered UO students *

Weight Management

Increase energy, motivation and enthusiasm for life! Heighten self-confidence and learn habits for becoming physically and mentally fit including nutrition, cooking and exercise tips.

Tuesdays, 3:30-4:30 p.m.
January 28-February 18
Health Center Cafeteria



Stress Reduction

Feeling stressed? Identify stressors, understand the cognitive and physiological responses to stress. Explore, experience and discuss techniques such as progressive relaxation and meditation.

Thursdays, 5:00-6:00 p.m.
February 6-February 27
Medical Library



Quick and Delicious Low Fat Cooking

What's for dinner? Think it's too time consuming to cook? Guess again! Learn how to cook quick and healthy meals. Come hungry.

Wednesdays, 3:00-5:00 p.m.
February 5-February 19th
Health Center Cafeteria



Self Defense

Learn physical, mental and emotional tools for self defense.

Mondays, 5:00-6:00 p.m.
February 3-February 17
Medical Library



Call 346-4456 to register or stop by the Health Education Room on the first floor of the Health Center.
Health Center Health Education Program

WE'VE REACHED A TURN IN THE ROAD

We're taking a different path. The Computing Center is closing the Microcomputer Purchase Program.

Final clearance sale begins Monday, February 3 9am

Shop early for best selection. We have great deals on all remaining hardware and software!

MICROCOMPUTER SUPPORT CENTER
202 COMPUTING CENTER • MONDAY-FRIDAY 9:00AM-5:00PM • 346-4402

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(please)

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Robin Aronson, Diane Johnson and Bill Reid are the cast of the Lord Leebrick play 'The Road to Mecca.'

Play symbolizes African oppression

By Dennis Bolt
Oregon Daily Emerald

This play is about a 70-year-old widow, her young companion and their shared struggle for a feeling of freedom.

This may not sound too interesting, but it is only part of the story. *The Road to Mecca* is really about South Africa in 1974.

In its fifth season, the Lord Leebrick Theatre Company presents Athol Fugard's 1988 drama that won the New York Drama Critics Circle's "Best Foreign Play" award.

The play begins with Miss Helen, played by Diane Johnson, sharing a pot of tea with her young friend Elsa. Elsa, played by Robin Aronson, is from big-city Capetown and is therefore unattached to the African ways of rural Helen.

The local minister, Marius, attempts to protect Helen by having her move into a nursing home. The drama revolves around Helen's struggle to remain independent.

To this end, Helen creates her own "Mecca" by decorating her home with candles, mirrors and fantastic sculptures. Because of these eccentricities, the town ostracizes the old woman in much the same way that the world shunned South Africa during its oppressive years.

Veteran British actress Johnson plays Helen wonderfully. Her South African accent and quiet manner go beyond acting to firmly root the character in reality.

Elsa is overtly emotional, lacking the earthy feeling of the older woman. Aronson's long monologues contribute to the more dramatic feel of her character.

The Road to Mecca could have been set in any other country, but then it would have been just the story of an elderly woman confronting her own mortality.

Because it is set in South Africa, it means much more. South Africa's struggle with racial inequality is subtly mentioned and is almost mirrored by the oppressive nature of the 1974 community.

Larger issues of personal freedom, breaking of old habits and searching for a new identity are entwined with Helen's fight with trust and love.

The symbolism in the play is subtle almost to a fault. The viewer has to really think to connect the almost trivial life of Helen with a broader context.

In the small confines of the theater's 100 or so seats, the play is presented as if the audience is just outside Helen's window. The viewer is looking in as the three-person cast converses over the kitchen table.

Fugard's writing brings these three characters to life mainly because of the play's simple theme. What the play may lack in drama, it makes up for in a sense of thoughtfulness and truthfulness.

"The Road to Mecca" will continue Thursday through Saturday evenings until Feb. 15. Call 465-1506 for more information.

REVIEW

Road to Mecca

★★★
(symbolic drama)

■ **WHERE:**
Lord Leebrick Theatre Company

■ **WHEN:**
Feb. 1, 6-8 and 13-15 at 8p.m., and Feb. 2 and 9 at 2 p.m.

■ **COST:**
\$12 Fridays and Saturdays, \$9 Thursdays and Sundays

Victorian Valentine Celebration

Friday, February 7
4:30 to 8:30 p.m.
Saturday, February 8
10:00 a.m. to 5:00 p.m.
Victorian Style Gift & Crafts Sale,
Valentine Displays
Cake, Coffee & Tea Included
Fee: \$2.00

Shelton-McMurphy-Johnson House
303 Willamette St., Eugene, OR
Parking Lot on 4th St.
Handicapped Parking
at house off 3rd & Pearl
Phone: 484-0808

RENTALS!

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Snowboards & Boots.....\$25

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